

Sound as a Bodywork: Physical aspects and effects of the resonating voice

In our trainings we will experience how sound frequency and vibration directly affects our physiology and our anatomy. It is helpful to appreciate that our physical body is nearly 70-75 % fluid. Even our bony structure has a liquid element. When we vocalize, our sound stimulates and activates our fluidity. Our liquid system responds to Sound, and our body is always responding to our voice (and to sound in general). Using our voice with more conscious intention can be a medium for direct communication with our body. Our body readily responds to our voice, and I believe our bodies love the sound of our own voice. This becomes apparent and experienced as we work together. The Hum sound activates a wave in our liquid body. The Hum acts as a pulsation - it ignites the fire that sets up a wave movement throughout our body.

Take a moment and begin to Hum in a natural,
comfortable speaking voice range.

Let yourself HUMMMMMHUMMMHUMM
for 10-30 seconds.

Gently breathing, not forcing the breath;
when your exhale is complete, relax,
inhale and begin again.

Allow your hands to touch and shape your head and HUMMMMMMM.

Feel the resonance in your head?

Let your hands touch and shape your neck
and continue your HUMMMMMMM.

Pause. Listen. Breathe.

Notice how you feel or what and where you are feeling.

Notice any sensations.

Bring your awareness and your hands onto your chest cavity,
the home of the lungs, the Heart center,
HUMMMMMMMMMHUMMMMMMMMM.

Rest, pause and breathe and notice how that feels to you.

Continue your HUM exploration
to your solar plexus
abdomen, lower back

The HUM is possibly the most important Sound I can offer to you. The HUM seems to increase our magnetic field. The longer and more often we make this sound the more potent it becomes. It is a way to magnetize us back to the parts of us that have become fragmented from injuries, emotional disturbances, surgeries, trauma of any form, drug and alcohol abuse, from ways we have lost ourselves through deep grief, deep love, and deep hate. Our HUM can start calling us "Home". The HUM is an integrator, the HUM soothes and assimilates. The HUM begins and closes our daily Sound practices. The longer you work with the HUM, the more possibilities your voice will teach you of its power.

As we HUM, the vibration and resonance of this sounding begins a wave motion throughout our body. A rearrangement of our homeostasis begins. With the HUM we have been addressing the nervous system. The Hum soothes the NS and the superficial musculature. The hum hydrates the entire connective tissue layer. The HUM starts preparing the body to receive the work needed. It softens and starts creating a relaxing and restful experience. It is a calming tool at anytime. Physics tell us that Sound rearranges and changes form. Sound breaks up obstruction. Sound increases the flow of oxygen and blood flow throughout our system. The body likes and needs a variety of rhythms to address its many systems.

Aerobic Sounds are fast moving, stimulating, staccato - like breath sounds. AH AH EH EH HO HO. Fast rhythms. We use aerobic sounds to release holding patterns in our breath. We use aerobic sounds to aid our circulation and to stimulate our immune systems. These fast-moving sounds act as tools to break up crystallization and dissolve congestion. Our focus is to restore our body to a more liquid state.

Sound is a means to increase circulation and dimension to our musculature. As the body becomes more liquid it starts a material re-organization of mass. The body is always in a state of organization and re-organization. This is the nature of this system. We stimulate our physiology with sound to create the possibility for more liquidity, for rebalancing our chemistry.

As we become more liquid or hydrated we effect our structural alignment. When the connective tissue becomes more hydrated, the musculature becomes more three-dimensional. The reason that soft tissue work helps change our alignment is because the tissue is being hydrated. Often the reason alignment is challenged is that there is dehydration in the tissue and that changes and diminishes the shape of the musculature.

There are a myriad of reasons of why sound is a BodyWork. Here is a quick review: we HUM to soothe and nurture and even repair the nervous system. We use a variety of sounds to reorganize and mend spatial relationships within our body. We sound the tissue to relax the musculature so that we are able to go deeper into the body as practitioners. Sound acts as a guide to direct and support the energetics of intentions as in Polarity Therapy and cranial sacral work. Resonance potentizes and enhances our touch, our intentions, our direction in regards to healing and mending. Vibrational resonance can be utilized to make more potent our food, our flower essences, our tinctures, and our medicines of plant materials and supplements.

Emotionally we use sound to affect our emotional/feeling body. We use sound as a tool for Soul retrieval. We use frequency to restore us to ourselves. Sound can be a means to mature emotional memories, a means to integrate and to assimilate undigested expression. Sound is very helpful in maturing emotional memories.

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